









Shaker Pointe's February 2019 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fri. February 1 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	Sat. February 2 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. February 3 	Mon. February 4 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. February 5 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. February 6 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. February 7 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. February 8 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	Sat. February 9 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. February 10 	Mon. February 11 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. February 12 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. February 13 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. February 14 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. February 15 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	Sat. February 16 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. February 17 	Mon. February 18 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. February 19 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. February 20 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-Group Exercise Studio	Thurs. February 21 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. February 22 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	Sat. February 23 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. February 24 	Mon. February 25 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. February 26 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. February 27 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. February 28 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors		

If you have any questions about the fitness program, please call Kerry Engle, Fitness Director at X1115

Description of Classes

Advance Balance-(Eileen) Balance helps advance stability & equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, Stability Balls & Foam Rollers are used to increase balance awareness.

Advanced Tai Chi-(Kate) This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance & coordination of the muscular, skeletal & cardiovascular systems. (Intermediate to Advanced)

Aqua Arthritis-(Eileen) This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination. (All levels)

Aqua PiYo Chi-(Ellen) This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment. (All levels)

Aqua Bootcamp-(Kerry) Aquatic Bootcamp is a HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on joints and expands lung capacity, as well as the benefits of strength and endurance training. (Advanced)

Beginner Balance-(Eileen, Kerry) This class will help to increase balance awareness by concentrating on 3 essentials cues: Visual, inner ear & where arms & legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance.

Body in Balance (Noreen) Our bodies change as we age. How you position yourself can help or hurt your health over your lifetime. Posture is not only about how well you sit, but how well you move and go about your daily life. Through corrective exercises, this advance class will help you regain postural control. You need to be able to get on the floor to participate in this class.

Cardio Sculpt-(Kerry, Noreen) Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching. (Advanced)

Chair Yoga-(Noreen & Jen) Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement. (All levels)

Sit to be Fit- (Kerry) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support. (Beginner to Intermediate)

Water Works-(Eileen) This high energy workout improves agility, flexibility, cardiovascular endurance & muscular strength. This class is perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints. (All levels)

Wii Balance-(Jen) Increase your balance with 9 interactive games that focuses on your center of balance.

Zumba Gold-(Kerry) The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance! (Advanced)

Class Cancellations for February

There are no cancellations for the month of February

What's Happening in Fitness



Fresh Pea, Prosciutto, and Herb Salad

Ingredients

4 cups of water
2/3 Cup frozen shelled edamame-Optional
¼ cup fresh or frozen shelled green peas, thawed
4 ounces frozen green beans-halved
2 thin slices prosciutto 1oz.
2 T extra-virgin olive oil
1 ½ T white wine vinegar
1 T chopped fresh tarragon-Optional
1 T chopped Fresh mint-Optional
1/8 tsp kosher salt
¼ tsp ground black pepper
1 Cup baby arugula
1 medium heirloom tomato. cut into ½ inch slices

How to make it

Step 1: Bring 4 cups water to a boil in a small saucepan. Add edamame, peas, green beans; cook 3 minutes or until crisp-tender. Drain; rinse under cold water. Drain

Step 2: Wrap prosciutto in a paper towel. Microwave at high 1 minute or until crisp. Cool slightly. Break into large pieces.

Step 3: Combine oil, vinegar, tarragon, mint, salt and pepper in medium bowl, stirring with a whisk. Add edamame mixture; toss to coat. Add arugula; toss. Arrange tomato slices on a platter; top with arugula mixture and prosciutto



Starting Thursday, February 7th, the Advanced Balance class at 1:15 p.m. will now be Wii Balance with Jen. Increase your balance with 9 interactive games that focuses on your center of balance.

Limited space so come early!!

Intermediate to Advanced program

IT'S NOT TOO LATE!

WHOMEVER TAKES THE MOST FITNESS CLASSES IN THE MONTH OF JANUARY AND FEBRUARY WINS A PRIZE!! LAST YEAR'S WINNER WAS GRACE NEDY

If you have any questions about the fitness program, please call Kerry Engle, Fitness Director at X1115